



THE SENTINEL

"One Team...One Voice"

A MONTHLY NEWSLETTER FOR THE SOUTHEAST MICHIGAN MILITARY COMMUNITY

FEBRUARY 2005

President Bush Recognizes Selfridge Volunteer



President Bush Greets Col Kotchman



Selfridge Community Extends Welcome to President Bush

By Lori Grein, Selfridge Volunteer Corps Coordinator

President George W. Bush greeted Colonel Donald P. Kotchman at the Selfridge Air National Guard Base on Friday, January 7, 2005. Colonel Kotchman is the 400th volunteer to be recognized by the President for his dedication to volunteer service. President Bush personally congratulated Colonel Kotchman with a hand shake and later, in a public speech given at the Macomb Community Center, spoke highly of Colonel Kotchman's volunteer achievements.

In 2002, President Bush created the USA Freedom Corps to help promote volunteer activities and "foster a culture of service, citizenship, and responsibility." All Americans are encouraged to volunteer for at least two years or 4,000 hours over the course of their lifetime.

President Bush continues to recognize volunteers, like Colonel Kotchman, who are answering this call to volunteer service.

In his speech, President Bush thanked Colonel Kotchman for being a volunteer and "a soldier in the army of compassion." President Bush explained that "the reason to herald a person like Don is because the true strength of the country is the hearts and souls of American citizens." Mr. Bush addressed the general public, stating, "...for all of you who are out there looking for some way to serve your community and our country, love your neighbor like you'd like to be loved yourself, and you'll be doing our country a great service."

Colonel Kotchman has been providing exceptional volunteer support for fifteen years and has recently been awarded the Military Outstanding Volunteer Service

Award. He dedicates an average of 600 volunteer hours per year, over and above his active duty military responsibilities. Colonel Kotchman's support of youth sports programs, chapel activities, and Boy Scout activities ensured that a balance of intellectual, athletic, and spiritual outlets were available for military service members and their families. His efforts as Scoutmaster/Committee Chair for the Boy Scouts of America produced over twenty Eagle Scouts and more than thirty

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U.S. Coast Guard Advises Winter Safety on the Water



Wear an exposure suit that is waterproof and a life preserver. When a person falls into freezing water they instinctively inhale usually resulting in drowning unless they are wearing an approved floatation device. Carry two ice picks or screw drivers. If you fall in, use them to dig into the ice and pull yourself out, much more effective than bare hands. Carry a whistle or other noisemaker to alert people that you are in distress. Any changes in the weather conditions can result in a change in the ice thickness. Hypothermia becomes the biggest danger after falling through a sheet of ice. Hypothermia begins to set in quickly as the person's body core temperature drops below 95 degrees F (35 degree C). Hypothermia begins to set in quickly as the person's body core temperature drops below 95 degrees F (35 degree C).

Treating hypothermia: Handle the victim gently, get the victim inside and remove wet clothing. Dry victim promptly and wrap in blankets. Turn the victim over. Get to advanced care givers as soon as possible.

AVOID the following actions: Never rub or massage the extremities. Never consume alcohol or caffeinic products. Never apply ice. Never apply external heat sources directly to the skin. Never allow smoking. If you find yourself in need of assistance call the U.S. Coast Guard at 313-568-9524 or dial 911 with your information.

By LTJG Greg Houghton, Coast Guard Air Station- Detroit

Winter sports are a part of the Great Lakes heritage. As the Great Lakes and its waterways ice over, the U.S. Coast Guard would like to remind the public about the dangers of ice. Snowmobile enthusiasts and ice fishermen have all too often become victims of drowning and hypothermia after falling through what appears to be stable ice. One thing to remember this winter season ... "No ice is safe ice."

Ice conditions vary due to current, wind, sun and temperature. It is impossible to determine how thick/stable ice is by just looking at it. A hole has to be drilled into the ice and the thickness measured. Ice does not form or maintain uniform thickness -- an ice sheet may vary from 12 inches to only 1 inch within a distance of 10 feet.

The following measurements are the minimum recommended thickness required to support a man or vehicle:

One person - 2 inches of ice

Two men - 4 inches

A snowmobile - 5 inches

A car - 8 inches

A light truck - 10 to 12 inches

The Coast Guard offers the following advice to increase safety when out on the ice: Use the buddy system, never go out alone. If able, carry a means of communication preferably a cellular phone.



The Air Force Reserve salutes those who make history — yesterday, today, and tomorrow.



The Air Force Reserve celebrates Black History Month.
800-257-1212 ★ www.afreserve.com



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*APR=Annual Percentage Rate

BX/PX NEWS

Shoplifting It's Not Worth It

By Janet Larsen, AAFES Public Affairs

Shoplifting is a crime that could cost a military member his or her career and a whole lot of money, too.

"Whatever excuses people come up with to justify their actions, the fact remains that none of them are good enough reasons to risk a career over," said Steve Bass, HQ AAFES Loss Prevention Manager.

Military exchanges spend millions of dollars each year to foil shoplifters, including measures to deter and detect thefts, according to Bass. As a result AAFES apprehends more than 10,000 shoplifters each year, who are then turned over to base security and their units for criminal and Uniform Code of Military Justice action. On top of these actions, AAFES and other federal retailers are authorized to collect a \$200 administrative fee on top of the value of the shoplifted item's. This fee offsets the expenses AAFES incurs due to shoplifting. Sponsors are also financially responsible for their family members' actions, under the terms of the AAFES program. Parents of minors caught shoplifting will be billed for the costs. These administrative charges are separate from any criminal prosecution or military disciplinary action. "Unfortunately, when individuals steal, they commit a crime against themselves, their family members, other Soldiers and Airmen, and the military community," said Brig. Gen. Toreaser Steele, AAFES Vice Commander. "It's a real shame since they are taking money out of the hands of commanders who use the AAFES dividend to improve their quality of life".

Happy Valentines Day

Valentines Day will be here before you know it. Check out the Selfridge BX/PX for jewelry for that special someone and don't forget about ordering floral arrangements from Carols Creations at (586) 463-9374.

Holiday Telephone Rates Extended

AAFES announced that the reduced rate for deployed military personnel using the 550 Unit Military Exchange Prepaid phone cards from AAFES has been extended through Valentine's Day for calls placed from deployed locations. Troops in Afghanistan and Iraq who use the AAFES phone card through Feb. 14th will enjoy a holiday rate of only .225 cents per minute. Great for calling home to tell those special loved ones how much they care!

Black History Month



Watch your Selfridge BX/PX for special upcoming promotions honoring Black History Month.

Exchange Credit Interest Rate Rises

The Exchange Credit Program has raised the interest rate for the Military STAR card to 10 percent.

The interest rate increased by .25 percentage points to become 10 percent. The increase is based on the 10 November announcement by the Federal Reserve raising the prime rate to five percent. Military STAR card terms and conditions state that the interest charged will be based upon the current prime rate plus five percent. The interest rate became effective after the Jan billing statement. Any new purchases after the January billing statement will constitute acceptance of the revised interest rate. The rate increase doesn't apply to the zero-interest Military Clothing Plans, special promotions already in existence or to deployed customers whose balances are treated under special conditions or have balances at reduced rates.

Selfridge Spouse Club Monthly Luncheon

The Selfridge Spouse Club Monthly luncheon will be held on Wednesday, February 9, 11:30 am at Mulligan's. Come and enjoy a delicious lunch and meet some new friends or catch up with some you have not seen for awhile. Win a game and receive a Valentine prize. Gardening tips will be offered during lunch and as always, there will be a raffle and wonderful gifts. The cost is \$8.00 per person. Please R.S.V.P by February 3. Contact Linda Brackett at (586) 465-5003 for more information.

Black History Month Concert 2005

"Still I Rise..."

a celebration of the

African American Music Legacy

(Special Tribute to the late "Ray Charles")

Saturday, February 12, 2005

"Live" in the Ballroom 4:30pm-6:30pm

Vandenberg Conference Center Bldg 328

Selfridge Air National Guard Base, MI

All are welcome - FREE Admission

Please call Major Nicholson or MSgt Evans for additional info at (586) 307-4854

VA Services At Selfridge

The Director of the Macomb County Veterans services has implemented an outreach program for Selfridge area veterans. Services are available on Tuesdays from 9:00am to 3:00pm at the Retiree Affairs Office, located in Building 780. The objective of this program is to inform military retirees/national guard/reservists and their dependents of their VA benefits. They will also file service connected claims, education benefits, VAMC benefits, and provide counseling on benefits. For additional information please call (586) 469-6507.

Retiree Affairs Services

The Selfridge Retiree Affairs Office serves military retirees of all branches. The office is located in Building 780, Room 6 and is open Tuesday through Friday from 9:00am-3:00pm. Call (586) 307-5580 for more information.

President Bush

Continued from Page 1

community enrichment projects. Colonel Kotchman's volunteer commitment and compassion demonstrates the importance he places on family life and sets a positive example for others.

Two other members of the Selfridge community were nominated to receive this prestigious presidential recognition. Lydia Stebbins is a youth volunteer who has recently been recognized with the 2004 Presidential Freedom Scholarship. She consistently supports the Selfridge Community Service team and enthusiastically performs a variety of administrative tasks to aid in that organization's mission. Lisa Myers is a military spouse who has been volunteering

her services since 1985. Her significant efforts in support of the Selfridge Spouse Club and Youth Chapel activities clearly display her "giving spirit."

Colonel Kotchman, Lydia Stebbins, and Lisa Myers are all registered with the Selfridge Volunteer Corps. Volunteer awards and nominations for activities, such as this Presidential recognition, are coordinated through the office of the volunteer coordinator. Registration is free of charge and all volunteers of the Selfridge MILCOM community are encouraged to sign on. For more information, please contact Lori Grein by email at GreinL@tacom.army.mil or by telephone at (586) 307-2923.

The U.S. Army Garrison-Michigan, Selfridge Community Service, and the Selfridge Volunteer Corps, salute Colonel Kotchman and all of the volunteers working to make a difference in our military and civilian communities. Their achievements reflect great credit on themselves and the United States Military.



Holiday Food & Toy Basket Program

By Cathleen Jones, Financial Readiness Program Manager

On behalf of the 263 families who received Thanksgiving or Christmas food baskets and the 407 children who woke up on Christmas morning to toys beneath their trees; the Selfridge Community Service's Financial Readiness Program extend our appreciation to the individuals, organizations, Military Units, and anonymous contributors who made the 2004 Holiday Basket Program so special.

One of Santa's anonymous elves provided two round trip airline tickets to a spouse of a deploying service member as well as a soldier stationed overseas, which allowed them to spend the holidays with their families. Whether you were on base, or the neighboring communities, or out of town sharing holiday spirits, you can take pride to know that your donations made the season brighter for these military families.

We have received numerous comments and notes from our holiday basket recipients expressing their appreciation for the assistance. Your donations made a joyous holiday season for all concerned. Again, thank you to our anonymous donators and the following contributors:

Detroit Elks Lodge #34 Ladies Auxiliary
Walter Lukowski, Jr. VFW Post 7170
Mr. & Mrs. Mark Pierno
The American Legion, East Detroit-Roseville Post
Air Force Sergeants Association-Chapter 768
Ms. Brenda Matilla
New Baltimore Senior Citizens Club
Community Central Bank
Veterans of Foreign Wars-Livonia Post 3941
SGT Stanley Romanowski Ladies Auxiliary #6896
American Legion Hellenic Post #100
American Legion Grosse Pointe Post #303
Mr. & Mrs. Gary Barto Mr. & Mrs. Gerard Schultz
Selfridge Base Chapel-Catholic Congregation
American Legion-Roose-Vanker Post #286
Mr. & Mrs. John Beattie
Mr. Robert Schneider
SunTel Services Management & Employees

Dave Colangelo
Anchor Bay Packaging Corporation
Jan & Ernie Osterlund
The Yeager Family
Mr. & Mrs. Ron Isbeque
Mr. Larry Hunyadi
Mr. Herbert L. White
Veterans of Foreign Wars Post 6250
Mr. & Mrs. Kenneth Lamers
Mr. & Mrs. John Hretz
Mr. & Mrs. Ronald Bilotta
Mr. & Mrs. Jerome Tisler, Jr.
Mr. & Mrs. Coll S. Haddon
Mr. & Mrs. Conrad Chapman
Mr. David Swiderski
Mr. & Mrs. Timothy Ianitelli
Families for Selfridge
Clear Channel, The Parade Company
& Channel 4-Toys on Parade

Base Chapel Services

For more information call
(586) 307-4020/4761



Catholic Mass: Saturdays 5:00pm
and Sundays 8:30am

Protestant Service: Sundays 10:00am

Gospel Service: Sundays 2:15pm

Ongoing Programs

Women of the Chapel Bible Study

9:30am-11:30am Thursdays

Men of the Chapel

6:30am-8:00am Fridays

Club Beyond (High School)

7:00pm Thursdays

Club JV (6th-8th Grade)

7:07pm Mondays

THE SENTINEL ONE TEAM...ONE VOICE

Commander.....LTC Kevin J. Austin
MWR Director.....Frankie Stull
Editor.....Rose Spaulding
Design.....Tracy Hankins

Please submit all articles and community information to the MWR Marketing Office at least 45 days prior to allow time for adequate advertising. The MWR Marketing Office is located in Rm 4, Bldg. 780, Selfridge ANGB. Call (586) 307-4159/5404 for hours of operation and more information. Commercial advertising in this publication is not endorsed by any portion of U.S. Army Garrison-Michigan, the Department of the Army, or the United States Government.



FEBRUARY

JOIN US FOR A SPECIAL VALENTINE'S DAY CELEBRATION!

An Evening of Casual Fine Dining, Music and Dancing
FEBRUARY 12, 2005
6:00PM - MIDNIGHT
MULLIGAN'S RESTAURANT
 (LOCATED AT THE SELFDRIDGE GOLF COURSE)
\$ 60 PER COUPLE

Valentine's Day
Candlelight Dinner for Two
6:00pm-8:00pm

♥ Appetizer
 Fruit and Cheese Platter
 ♥ Entree

Choice of Steak & Shrimp Scampi or
 Marinated Chicken Breast & Shrimp Scampi
 Twice Baked Potato, Waldorf Salad, Broccoli w/ Butter Sauce

♥ Delicious Valentine Dessert For Two

♥ Champagne Split

♥ Dinner Music provided for your dining pleasure

♥ Special Gifts
 A Rose for the Ladies
 A Box of Chocolates for the Men

AFTER DINNER DANCING
8:00PM - MIDNIGHT
MUSIC PROVIDED BY "DJ FOR YOU"
CASH BAR AVAILABLE



Make your reservations by February 10 so that we will be able to accommodate your special request.
 Call (586) 307-4344 and leave message or (586) 307-2738, Monday-Friday 7am-4pm.



**Trying to
 shed those
 holiday pounds?**

**Need help
 with your diet
 & exercise plan?**

**Visit
 Reggie's Pub
 between
 January 1 thru March 31
 and try one of our
 Lighten Up! menu specials.**

Frequent healthy diners can earn
great prizes after 10 meals.

Ask for your frequent diner card today!

Don't miss the
"Buns on the Run" 5K (or 1 mile walk)

COMING SOON! DATE TO BE ANNOUNCED!

The first 50 participants receive a cool shirt!

For more information

call (586) 307- 2529

Sweetheart Child Care

February 12

6pm-Midnight

Available for children
 in the 1st-5th grade

\$18 per child

Includes Dinner,
 evening munchies and
 activities

Children must be
 registered with the CYS
 Central Registration
 Call -(586)307-4840
 for more information.

Register for Sweetheart
 Child Care by
 February 10
 Call (586) 307 -5061



February 3

Newcomer's Orientation

8:30am-12pm, Bldg. 780, Room 106.

Free childcare with pre-registration. Call
 (586) 307-5949 to register. Spouses are
 encouraged to attend.

Sports & Teen Club

6-7pm, MST Youth Center, ages 13 &
 up. Plan sports field trips and activities.
 Participate in community service,
 volunteering and attend leadership
 events. Call (586) 307-5530 for info.

February 4

Euchre Night 7pm Mulligan's

\$5 Prizes for winners!

National Girls in Sports Day

4:30-6:30pm Youth Services Gym, Bldg
 780. Call 307-5530 for info.

February 7

Dodgeball Tournament Begins

6-9pm Sports Center Call 307-5202

Arts and Beats Club 4pm, MST Youth
 Center. Call (586) 307-5530 for info.

February 8-11

Transition Assistance Program (TAP)

8am-4:30pm. Bldg 780. TAP is for
 separating and retiring service members
 from all branches. You will learn to
 develop a resume, learn interview skills,
 and translate your military skills and
 training to civilian occupations. It is
 recommended that you attend all 3 days
 of instruction. Spouses are welcome to
 attend. TAP is co-sponsored by the
 Selfridge Employment Readiness
 Programs and the State of Michigan
 Career Development Veterans Program.
 Call 307-4258 to register.

MWR welcomes all
 members of the
 military community to
 take advantage of the
 quality programs
 and special events
 available to service
 members (Active,
 Reserve & Guard),
 DoD civilian
 employees, military &
 civilian retirees,
 contract employees,
 their families and
 authorized guests.



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EVENTS



February 9

Cooking Club

5pm MST Youth Center

Call (586) 307-5530 for information.

Free Stuff Club

6-7pm, MST Youth Center ages 10-13.

Plan field trips and activities.

Participate in community service, volunteering and attend leadership events. Call (586) 307-5530 for info.

SAS Family Fun Night

6-7:30pm Bldg 780 Gym

Call (586) 307-5535

February 12

Sweetheart Child Care 6pm-

Midnight (See Ad, pg. 6)

Valentines Dinner Mulligan's

6:00-Midnight (see Ad, pg. 6)

February 12-19

Multicraft Center closed

February 14

SAS Spring Break Camp

February 21

President's Day

Sports Center Open 7am-3pm

Auto Crafts Open 9am-4:30pm

All other MWR facilities closed

February 22

Outdoor Recreation Center -Closed

Base Library-Closed

February 25

Youth Sponsorship & Movie Nights

6pm, MST Youth Center. Come join us for popcorn and a great movie on the big screen.

Call (586) 307-5530 information.



March Madness Adult 3 on 3 Basketball Tournament

March 12-13 8am

Sports Center

Double Elimination

Awards for 1st and 2nd Place Teams

3 Point Shooting Contest

Registration Fee: \$60 per Team

\$40 Active Duty Team

Limited Space Available

Contact the Sports Center at (586) 307-5202 for details.



BUNS ON THE RUN

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BUNS ON THE RUN

5K / 1 Mile Walk

March 23 7:30am

Sports Center

Registration Begins

March 1

First 50 Participants registered receive a **FREE T-Shirt** the day of the race.

Call the Sports Center (586) 307-5202 for info.



Do you have family and friends visiting this winter and your house is already full? If you need extra accommodations for your guests, call Selfridge Lodging. Relatives and guests of Armed Forces members assigned to the installation can utilize Army Lodging on a space available basis, and make reservations up to seven days out. Why put your guests up off-base when they can enjoy a safe, clean, and pleasant environment right here at Selfridge Army Lodging. Call our friendly desk clerks for reservations at (586) 307-4062, 24 hours a day, 7 days a week.

Effective 1 March 2005, the MWR Board of Directors has mandated that all Army Lodging facilities become 100% Smoke-Free.. Thank you in advance for cooperation in this matter.

Winter Equipment Rentals Available

Now through March 31

at the **Outdoor Recreation Center**

*Rossignol Cross Country & Downhill Ski package

*Risport Ice Skates

*1 & 2 Man Ice Shanties

*Gas Powered Ice Augers

*Winter Storage Spaces are available for vehicle storage until April 1

*Boater Safety Certification

*Selfridge Campground is open during the winter months (dry camping only)

*Reservations are now being accepted for the 2005 spring season.



The Outdoor Recreation Center is located just inside the Main Gate, Building 903, Recreation Drive, Selfridge.

Hours of operation: 9:00am - 5:00pm

Tuesday through Saturday (586) 307-5499



U.S. Army Garrison-Michigan Shoreline Policy

By Maurice (Bud) Spaulding, D-PTMS

Along the shores of Lake St. Clair on Selfridge, authorized DoD Military, APF/NAF civilian employees, and retired civilian employees and their families are encouraged to participate in winter recreational activities within existing federal and state laws. In accordance with current policy, these guidelines are to be followed along the U.S. Army Garrison shoreline:

-All winter season waterborne vehicles are prohibited from entering the 700-Area Marina and must use the DNR/Outdoor Recreation channel.

-Ice fishing is authorized from the Army shore. Cars and trucks are not authorized to drive out onto the ice from the shore, nor will they gain access on base (emergencies excluded), except through the boat launch site at Bldg. 903 (Outdoor Recreation). Authorized patrons using ATVs and snowmobiles may launch and recover from the shoreline at this DNR/Outdoor Recreation channel. There is no hunting from shore.

Terrorists will normally focus their attention on soft targets. As a result, armed security guards and video cameras are currently utilized to monitor shoreline property. Additionally, Shoreline Observation Posts are used at 3 locations to secure the shoreline (DNR/Outdoor Recreation channel, 700 Marina entrance, and Top 4 Picnic area). Patrons are restricted from entering the facilities or immediate area surrounding these posts for security reasons & must present proper patron identification, applicable licenses and post registration materials upon demand anywhere on shore. All entry/exit to the shoreline, other than authorized activity at the 700 Marina and Outdoor Recreation launch area, must be coordinated in advance with the DA Police.

Your safety and the security of the installation is paramount. Patrons can call the 24-hour DA Police hotline at extension (586) 307-2621 to report any unusual or suspicious activity. Thank you for your continued support of our security forces as we wage this Global War On Terrorism in our local community!

Winter Safety Tips to Protect Your Health

By Eugene Euells, USAG-MI Safety Office

Serious medical problems can develop when the temperature dips below zero or when the wind-chill index plummets. Common injuries resulting from exposure to cold temperatures include hypothermia, frostbite and frostnip. Shoveling snow also can lead to heart strain.

The key to avoiding cold weather injuries is to dress appropriately. Layer clothing with a first layer that pulls moisture away from the skin, an outer layer that keeps the elements out and a middle layer that insulates. Hats are a must because the head is where 30 percent of the body's heat loss takes place. Gloves and face protection also are necessary in extremely cold weather.

Alcohol contributes to the risk of cold weather injuries by causing the blood vessels in the skin to dilate. This creates a temporary feeling of warmth but causes large amounts of heat loss.

Symptoms of frostbite include tingling, numbness and pain in the affected area. The skin turns white or gray, and is cold and hard to the touch. There is no feeling in the affected area. The skin may blacken and form a tough layer that

eventually disappears, revealing new skin that will always be more susceptible to frostbite. Deep frostbite can involve underlying tissue, muscle, tendon and bone.

Risk Factors For Frostbite:

Inadequate or poorly fitted clothing
Exposure to wind
Dampness
Contact with cold objects
Dehydration
Shock and trauma
Atherosclerosis (hardening of the arteries)
Smoking
History of frostbite
Alcohol and other substance abuse

Snow Shoveling Tips

Shoveling snow can be dangerous to one's health. Studies have shown that physically unfit people who engage in activities such as shoveling snow were 100 percent higher at risk for a heart attack than the physically fit.

Those who should not shovel snow are the elderly, people with high blood pressure, those with a history of heart disease or risk factors such as smoking, obesity and high cholesterol levels.

Do:

Lift small loads rather than large, heavy loads.
Dress in layers. As you warm up, remove layers.
Perform light exercises before shoveling
Rest every few minutes.

Don't:

Eat a heavy meal before shoveling.
Drink alcohol, smoke or take caffeine immediately before or after shoveling. These substances constrict blood vessels adding additional strain to the heart.
Use a heavy shovel.

Hypothermia

Hypothermia occurs when the body's core temperature falls below 35°C or 95°F. This happens through exposure to cool and/or damp conditions. Cardiac arrhythmia also is possible when the core body temperature falls below 30°C. The elderly, immobile and psychiatric patients are most at risk. Often times, hypothermia affects elderly people who live in poorly heated homes.

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Winter Safety
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Symptoms: Symptoms of hypothermia include slurred speech, decreased coordination, uncontrollable shivering, cold and pale skin, blue lips and nails, stiffening of neck and limbs, memory lapses, stumbling, abnormally slow breathing and a slow, irregular heart beat. The condition becomes grave when the shivering stops, muscles stiffen and the skin turns bluish.

Treatment: Seek professional medical attention as soon as possible. In mild hypothermia, give the victim warm, non-alcoholic fluids and cover the head. When hypothermia is more severe, treatment varies based on age. A young person can be warmed in a hot bath (115° F water); however this can be fatal for elderly people. Warming should be gradual with the elderly, at about one degree per hour. Make sure clothing is dry and wrap the person in blankets. Hypothermia victims generally have a good prognosis unless they go into cardiac arrest or complications arise from an associated illness.

James Ursano Scholarship Fund

By Nancy Zjadel, Army Emergency Relief Officer

Post-secondary education ranks as one of the best investment deals available. The difference in expected lifetime earnings between a high school graduate and a person with an associate degree or certificate program education is estimated to be approximately 23%. The typical bachelor's degree recipient can expect to earn about 73% more than a high school graduate over a 40-year working life.

The MG James Ursano Scholarship Fund administered by Army Emergency Relief (AER) offers financial assistance to dependent children of Army Soldiers, active, retired, or deceased. Scholarships are awarded based primarily on financial need, secondarily on academic achievements and individual accomplishments.

Army Emergency Relief accepts scholarship applications from students attending vocational and technical schools as well as colleges and universities.

Applicants must be an unmarried dependent child of an active duty or retired soldier. All soldiers and students must be registered in the Defense Eligibility Enrollment Reporting System (DEERS). To verify the student's status call 1-800 538-9552.

Applications for the AER scholarship program, 2005-2006 academic year, are available by mail from AER HQ until February 21, 2005. You may print it from the website or apply online at <http://www.aerhq.org/Children.asp>. To obtain an application by mail, forward your request to ARMY EMERGENCY RELIEF, MG James Ursano Scholarship Fund, 200 Stovall Street, Dept. College, and Alexandria VA 22332-0600.

For a list of websites with college information and financial aid resources, please go to http://www.aerhq.org/education_collegelinks.asp.

For information on Selfridge Army Emergency Relief, call (586) 307-4514.



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Fallen Marine Honored at Memorial Service



By LtCol, Russ Dyer USMC (Ret)

Nearly 300 Marines joined family and friends at a memorial service at the base chapel on Saturday, January 8, to honor the memory of Staff Sergeant Jason A. Lehto who was killed in Iraq on December 28, 2004. SSgt Lehto was an Explosive Ordnance Disposal Technician and a member of Marine Wing Support Squadron-471, a unit of Marine Wing Service Group-47.

MWSG-47 Chaplain David R. Glassmire conducted the service and in his homily said, "Jason's four loves in his life were his God, his family, his country and the United States Marine Corps. And he was always faithful to each." He

continued by saying, "The true calling of a warrior is to bring peace in the midst of war, hope in the midst of despair and life in the midst of death. We do it without counting the cost and we do it freely out of love for our great nation. Jason did all of that with honor, courage and commitment."

LtCol Michael Kozik, Commanding Officer of MWSS-471, also praised SSgt Lehto, saying, "Jason was not satisfied with staying home while his fellow Marines fought the global war on terrorism. He was a patriot who wore his uniform with pride and volunteered for duty in Iraq numerous times until finally a position became available."

LtCol Kozik then presented a posthumous award of the Navy and Marine Corps Commendation Medal to Lehto's widow, Michelle. The award citation read, in part, Staff Sergeant Lehto performed his duties in an exemplary and highly professional manner, participating in over 164 explosive ordnance disposal missions. He destroyed over 35,378 unexploded ordnance items, denying the enemy the use of this ordnance. He

rendered safe three improvised explosive devices and two 122-millimeter rocket launchers. His efforts reduced the loss of life for coalition forces traveling the main supply routes throughout the Al Anbar province of Iraq. The citation was signed by Major General Keith J. Stalder, 3rd Marine Air Wing Commanding General.

LtCol Kozik next displayed gifts to be presented to SSgt Lehto's three sons, Nathan, age 11, and Joseph and Joshua, ages 3 and 2. Nathan received his father's framed Navy and Marine Corps Commendation Medal while the younger boys were given teddy bears dressed in camouflage Marine uniforms, complete with their father's rank insignia, name tag and the Navy and Marine Corps Commendation Award Ribbon.

At the end of an emotional eulogy delivered by Chief Warrant Officer-1 Scott Light, a fellow MWSS-471 member, he said, "I know now how loved Jay was. I look out over this room and realize that at the end of any man's journey, he should be so lucky to have this many people count him as a friend."

Child & Youth Services Launches Instructional Program Initiative

By Enid Rivera, Child and Youth Services

Army Child & Youth Services (CYS) has recently introduced SKIES *Unlimited*, a ground breaking instructional programs initiative. U.S. Army Garrison-Michigan CYS is proud to announce the launching of SKIES *Unlimited* in our community.

The name SKIES *Unlimited* combines the acronym for "Schools of Knowledge, Inspiration, Exploration & Skills" with the word "*Unlimited*" for the unlimited learning possibilities this exciting new initiative offers Army children and youth. SKIES *Unlimited* encompasses instructional programs for children & youth from infancy to adolescence i.e., four weeks through the end of their senior year in high

school. Through SKIES *Unlimited*, children and youth in Child Development Services, School Age Services, Middle School and Teens programs have equal access to opportunities that expand their knowledge, inspire them, allow them to explore, and acquire new skills.

Young people spend as much as 80% of their waking time outside the classroom. When involved in instructional programs during the critical hours of 3:00pm – 8:00pm, they are less likely to engage in undesirable behavior. Children and youth participate in instructional programs for a variety of reasons: to explore new skills, to pursue and nurture personal interests, to interact socially with others, to build a resume, to bolster a college application,

or to foster a close relationship with caring, knowledgeable adults outside of home.

Instructional programs foster the development of critical life, leadership, and social skills. The latest educational research confirms that students' involvement in after-school instructional programs is beneficial on all levels. Instructional programs have been shown to promote the intellectual development of children and youth. For information about SKIES *Unlimited*, available classes, and registration, please contact Enid Rivera at (586) 307-2008 from 9:30 am to 6:00pm Monday thru Friday.

Organizational Changes In the Workplace

By Kevin B. Ware, Employment Readiness Program Manager

With the New Year upon us, the time is right to discuss an issue that effects employees, job seekers and employers. Organizational change is something that occurs often in the workplace and can disrupt the work environment. Some organizations will ride the winds of change, seizing the opportunity to go far...very fast...and sail past the competition. Others that are unprepared for the wind's force, and that mistakenly think their safety comes in bracing themselves against it, will find their rigidity a fatal stance. They will be shattered, devastated. As for those that think they can lie low until the storm passes, they will be left behind.

Pete Silas, Chairman of Phillips Petroleum, described the situation well: "We can't wait for the storm to blow over; we've got to learn to work in the rain." Any organization will be challenged still further by sharp economic swings, new competitive pressures, globalization of marketplace, and continued reshaping of business worldwide. You can expect new technologies, socio-cultural shifts, and regulatory changes. Strong winds and big changes naturally bring problems. The organizations that refuse to change, or

change too slowly, will have even bigger problems. They won't survive in this age of instability.

When the winds of change hit your organization, here's the bottom line: Resisting does more harm than good. To begin with, you could get nailed for being oppositional. Someone may accuse you of causing trouble, getting in the way of progress. This can easily damage your career or your chance of getting a career. Secondly, resisting change takes effort, and you can find more productive ways to spend your energy. Besides, you're probably going to lose the battle anyway. Even if you do win a skirmish now and then, you're going to lose the war. Instead of trying to hang on to the past, grab hold of the future.

*"In a fight between you and the world, bet on the world,"
Franz Kafka*

The way you look at the situation-how you mentally frame it, and the conclusions you reach-determine how you react to organizational change. Your thoughts can cause you to resist, or they can cause you to embrace and support the new moves.

Each person interprets events based on available information and his or her background of experience, wants, needs, fears, hopes, prejudices and beliefs. It's human nature to filter the data and be selective in choosing what you'll pay attention to or ignore.

Employers need to take responsibility for communicating organizational changes in the workplace to their employees. This can be accomplished in several ways:

Hold regular staff meetings to discuss organizational change and the effects it may have on employees.

Post organizational change information on the company web page for prospective employees to view and for current employees to easily access.

"Things will get better-despite our efforts to improve them." Will Rogers

For more information on employment resources available contact the Selfridge Employment Readiness Program, Bldg 780, Room 16, at (586) 307-4258.

Owner Identification Required on Ice Shanties

Michigan Department of Natural Resources

Michigan Department of Natural Resources officials remind ice fishing enthusiasts that names and addresses must be affixed to ice shanties placed on public water bodies again this winter.

State law requires the shanty owner's name and address be permanently affixed on all sides of the structure before it is placed out on the ice. The name and address cannot be placed on a sign board which can be removed. Rather, the name and address must be painted or lettered in some way so that it cannot be taken off the structure. The information must be provided in legible, waterproof lettering at least two inches high.

"Each winter we end up with a few unidentified shanties left on the ice at the

end of the season, when it is not safe to retrieve them," said Lt. Thomas Courchaine, DNR Law Enforcement Supervisor for the western Upper Peninsula. "When the ice melts, these structures sink and become not only hazards to boaters but they also become unsightly and unsafe litter problems as well."

Those shanties that lack proper identification will be subject to confiscation by DNR officers and removed from the ice. Their owners will be subject to fines plus the cost of removal. Those found using unidentified shanties also can be cited.

Tents or other temporary shelters that are removed from the ice each day do

not require identification. All shanties must be removed if ice conditions become unsafe.

For more information, contact Lt. Thomas Courchaine, 906-875-6622 or Lt. John Cischke, 906-293-5131 or visit www.michigan.gov/dnr.

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EMPLOYMENT OPPORTUNITIES

U.S. Army Garrison-Michigan MWR job listings - www.selfridge.army.mil. Call the NAF Personnel Office at (586) 307-5701 for more information. For DoD Civilian Employment & Army Vacancy Announcements throughout Michigan go to <http://cpol.army.mil>.



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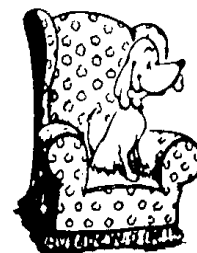


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